

# Brookfield High School Activities

## USTA Junior Team Tennis

USTA Jr. Team Tennis is a recreational tennis league for children ages 5–18 with some previous tennis experience. Children play on co-ed teams offering a fun and competitive environment. USTA Jr. Team Tennis allows participants (adv. beginner, intermediate and advanced) to compete with and against individuals of similar age and skill level. Teams have the opportunity to advance to state, sectional and national championship events.

The season will run June 8 through July 26 with a practice once a week and four matches during the season. Two home matches will be played on Saturday afternoons on the BHS Courts and two away matches TBA in towns throughout Fairfield County. Every effort will be made to have practice on a set day and time each week when all team members can participate.

Total fee to participate is \$118. \$75 will be paid directly to Parks & Rec at registration for coaches' fees and team t-shirt. \$43 will be paid when you register for your team online and includes USTA membership and the fee for the league. You **MUST** register with Parks and Recreation by Wednesday, May 13 in order to play.

To learn more about participating in Junior Team Tennis please join us for an informational meeting on Monday, May 4 at 6:30 p.m. in Town Hall.

We are always looking for coaches. If you are interested, please attend the meeting on May 4 or call the Parks & Recreation Office at 775-7310.

## New ~ Youth Sports Performance Training (Varsity)

The Varsity Program, for ages 15-17, is ideal for current high school athletes that are looking to gain an edge on the competition. Whether you're looking to make a varsity team or earn a college scholarship, No-Limit's Varsity Sports Performance Training Program will help you maximize your potential. We provide coaching and guidance to increase strength, stamina, coordination, speed, and power that will enhance the students ability to compete in a sporting event. Students will also learn how to use weight training equipment in a safe and supervised format with emphasis on proper form and technique. At this level the strength program will start to look very similar to what they will experience at the college level. Limited to 6 students.

Days: Wednesday and Friday

Time: 3:15 – 4:15 p.m.

Dates: 4/22 – 5/29 (12 classes)

Place: No-Limit Health & Fitness, 1120 Federal Road

Fee: \$160.00

### **New ~ Self Defense for Teens (Ages 15-17)**

World Champion Martial Artist Master Clinton Murphy teaches this invaluable self-defense class geared toward teens to help prepare them to defend themselves against any type of assault from bullying to sexual and other violence. Our 1-hour afterschool class will cover multiple strikes, escapes from various holds and chokes and teach awareness and avoidance of situations that can turn violent or deadly. A must-have course for teens preparing for college and the work force.

Day: Wednesday and Friday      Time: 4:30 – 5:30 p.m.

Dates:                      4/22 - 5/29 (12 classes)

Place: No-Limit Health & Fitness, 1120 Federal Road

Fee: \$160.00